



While adults and teens are participating in the Hazon Food Conference, the home of the Jewish Food Movement, kids ages 5-12 will be having their own memorable experience at the Kids' Food Conference!

Children will engage with field experts in dynamic and age-appropriate ways on the same topics as the adult programming, including cooking skills, nutrition, food justice, and environmental responsibility.

Hazon – meaning “vision” – works to create a healthier and more sustainable Jewish community, and a healthier and more sustainable world for all. In order for this work to succeed, we need young people to become involved in the movement towards a healthier food system. Youth have the power to take our society in a new direction and rethink the world into which they have been born.

It is up to us to make healthy food choices for ourselves, but in many ways our society puts us at a disadvantage. Youth do not have the buying power of adults, yet food advertisements are filled with exciting images of junk food. How do we ingrain the knowledge of healthy snacking into our minds so it is an easy choice to go for carrots and peanut butter instead of potato chips? How do we change the larger system so school food is healthy and tastes good? How can we grow food in our homes and communities? The Kids' Food Conference will address these issues and more in a dynamic, engaging, age-appropriate way.

All children must be in a Kids' Food Conference activity or supervised by a responsible adult. All activities meet in Arts and Crafts, unless otherwise noted. If you have any questions, please direct them to Arielle Aronoff, Director of Teva.

Kids' Food Conference Schedule

WEDNESDAY

3:00-4:30 PM

Kids' Zone at the JOFEE Fair

Great Hall

Make your own apron with vegetable stamps. You can use this for all of our cooking activities throughout the conference!

4:45-5:00 PM

Mandatory Parent/ Guardian Orientation to the Kids' Food Conference

Arts and Crafts

Join the Kids' Food Conference Educators for a mandatory orientation to the program. Learn about the fun activities we have planned as well as important policies.

5:00-6:00 PM

Natural Tie Dye

Kids' Food Conference Tent

Did you know you can use plants to create dye? Bring your extra shirts, socks, pillowcases, or anything else you have to create beautiful designs using natural materials.

7:30-8:30 PM

DIY Fair and Shuk

Great Hall

There is something for all ages at the fair. Make your own healing salve, add some flair to your hair with beautiful heritage breed chicken feather clips. Come over to the Great Hall to see what else the fair has in store for you.

Kids' Food Conference Schedule

THURSDAY

9:00-10:00 AM

Farm Scavenger Hunt and Harvest *Arts and Crafts*
Explore the Adamah farm with all of your senses. See what insects and animals call the farm home. Taste the fresh fruits and vegetables. Smell the herbs and flowers. Feel the textures of plants. Hear the song of the grasses, chickens and bees.

10:00-10:45 AM

Farm Harvest, Bike Blended Smoothies *Arts and Crafts*
Use your human power to make a smoothie on the Bike Blender with the fruits and veggies we harvested on the farm.

10:45 AM-12:00 PM

Cookies for the Food Festival *Arts and Crafts*
The Outdoor Food Festival is tonight! There will be so many delicious things to try. Among them, dessert. We will make sugar cookies and icing using natural dyes to decorate and give out at the food festival. Let's show the adults our baking skills.

1:00-2:30 PM

Seed Balls and Guerilla Gardening *Arts and Crafts*
Make clay and soil balls filled with native wildflowers. Take some home to plant in your garden to attract beneficial insects. The bees, butterflies, and other pollinators will LOVE you!

2:30-3:30 PM

Hunger in Our Midst – How Can We Help? *Arts and Crafts*
(Ages 9+) Hunger isn't just in developing countries; food insecurity exists all around us. Learn about how it feels to be hungry, explore ways you can help, share your ideas, and learn from others through experiential games and discussion.

2:30-3:30 PM

The Story of My Snack *Kids' Food Conference Tent*
Tell the story of your snack from farm to table and back again. This will be a fun interactive session of learning the story of where our food comes from and how it travels.

3:30-5:00 PM

Challah Baking with Bubbie's Kitchen *Arts and Crafts*
Mix and knead challah dough for Shabbat! We will braid it together in the morning.

5:00-6:00 PM

Wild Tea *Arts and Crafts*
(Ages 9+) The plants that grow all around us have wonderful healing powers. Let's learn about them and make tea to sip in the summer sun while singing a favorite song. "Why don't you make me a nice cup of tea in the morning..."

5:00-6:00 PM

Where the Wild Greens Are *Arts and Crafts*
Some say they are weeds, some say they are delicious! Make that decision for yourself as we go around campus to find out what we can eat and what we definitely shouldn't!

FRIDAY

9:00-9:30 AM

Kids' Food Conference Banner *Arts and Crafts*
We will create a piece of art to show the whole conference what we have been up to at the Kids' Food Conference. Wake up and get those creative juices flowing!

9:30-11:00 AM

Vamos a Cocinar con Bubbie! *Arts and Crafts*
Cyndi Rand will teach a Bubbie's Kitchen class in which we'll travel to Cuba, explore the country, and cook a typical yellow rice and black beans dish. In the process we'll learn to speak a little Cubano. "Arroz con frijoles negros, anyone?"

11:00 AM-12:00 PM

Challah Braiding *Arts and Crafts*
The challah we mixed yesterday afternoon has been rising in the fridge overnight. Now is the time to braid it so we can enjoy our creation for Shabbat dinner tonight!

1:00-2:00 PM

Insect Hotels *Kids' Food Conference Tent*
Ever wondered where bugs like to live? Did you know that you can help create the perfect home for bugs in your very own backyard or garden? Come build your very own "Insect Hotel" and learn about all the bugs that help make your garden grow! Insect Hotels are mini habitats for beneficial insects made from goodies found in your very own garden. You will be able to take home your very own mini-hotel at this workshop.

FRIDAY

2:00-3:30 PM

Besseha! A Taste of Morocco

Arts and Crafts

Nancy Wolfson-Moche will teach a Bubbie's Kitchen class in which we'll visit Morocco, exploring North African Jewish life through cooking and tasting a unique Moroccan bread and a typical carrot salad. We'll imagine sitting in a "mellah" as we sip Moroccan mint tea. "Besseha!" ("Bon appetit!")

3:30-5:00 PM

Theater 101

Arts and Crafts

Do you like to act? Write? Direct? Make props? Every person has a role in the Kids' Food Conference production of _____. You get to fill in the blank and create a play or song (or both) to perform Saturday night.

4:00-5:00 PM

Slime Time Live

Kids' Food Conference Tent

Is it a liquid or a solid or just lots of fun? Come read about how a young boy saves his town from a mysterious glopity gluck that starts to fall from the sky (and learn how to make the slime too!)

5:00-6:00 PM

Kids' Dinner

Dining Tent

Dinner will be late, come enjoy your Shabbat meal early.

6:45-8:30 PM

Welcoming Shabbat

Arts and Crafts

Join us in song and dance to welcome the Shabbat Queen.

SATURDAY

9:00-10:00 AM

Good Morning Shabbat

Arts and Crafts

Song, dance, prayer. Lets wake up our bodies for a joyful Shabbat morning.

9:00 AM-12:00 PM

Good Morning Shabbat Hike

Meet at Arts and Crafts

(Ages 9+) Have you ever heard of Hitbodedut? It is a *radical* form of meditative prayer in the forest. This will be a combination of hiking and prayer.

10:00 AM-12:00 PM

Goats and Forest Exploration

Arts and Crafts

Say hay to the goats and explore the forest. Maybe we'll meet some animals and find out what they like to eat.

1:30-2:30 PM

Can We Eat What the Birds Eat?

Bird Watching

Arts and Crafts

Explore the forest and fields for birds. Take note of what they are eating and compare that to what we eat. Can we eat the same foods the birds are eating?

2:30-3:30 PM

Salad Bar Fixins

Arts and Crafts

Become prep cooks in the Kids' Food Conference Kitchen. Make scrumptious dressings and jazzy salads for our Shabbat afternoon snack.

3:30-4:00 PM

Story Time

Arts and Crafts

Come relax on our cozy rug as you are transported through time and space into story.

3:30-6:00 PM

GaGa and Field Games

Arts and Crafts

(Ages 9+)

The best camp game ever created. Whether you've never played gaga before or played 100 times. It doesn't get old.

4:00-6:00 PM

Games Galore!

Arts and Crafts

Board games, field games, card games, block games, improv games. We've got ideas for all the games and we're sure you do too!

7:15-9:00 PM

Theater 102

Arts and Crafts

Come to practice our skit and song so we'll be ready to perform at Havdallah.

SUNDAY

Please note, there will be no kids' programming this morning. Thank you for participating in the Kids' Food Conference!